

# July Harvest of the Month Zucchini



*Illustration by Ariela Milstein, Charlottesville City Public Schools*

## Try Zucchini at Home!

### Health and Nutrition

Due to its high water content, zucchini is low in calories, carbs and sugars. It is also a good source of dietary fiber.

Zucchini is high in essential nutrients and antioxidants like:  
Potassium, Manganese, Vitamin C, and Vitamin A.

### Did YOU Know ?

Biggest is NOT the best. The most flavorful zucchinis are small to medium-sized and the darker the skin, the richer the nutrients.



Reading Together

Check out our featured book:  
*Carlos and the Squash Plant*  
by Jan Romero Stevens

